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- 0:00 Introduction
- 1:30 Coming from a family of seven, Mrs. Fongs describes briefly her family and their home and neighborhood in Sacramento in 1933.
- 4:00 She attended Lincoln School and tells of her daily routine as a student. She was particularly fond of the graham crackers she received during her milk break.
- 7:00 Mrs. Fong, like many other Chinese American children, also attended Chinese school after regular school. She describes her activities at Chung Wah School.
- 10:75 When her Japanese neighbors were ordered to relocate she recalled her father trying to help the neighbors. She discusses the effect of looking Oriental (Japanese) during these turbulent times.
- 13:45 She met and married her husband, Alan, who came from a different regional-cultural background. Mrs. Fong notes there are differences in the Heungshan and Toishan child-rearing practices.
- 17:15 Mrs. Fong's father worked for the Tung Sun Produce Co. at their Nevada branch. She describes her own various occupations.
- 23:75 Mrs. Fong, in 1982, opened her own travel agency and after some extension courses became the first Chinese to obtain a Certified Traveller's Certificate.
- 27:30 She became involved in community activities when her children started school. She was active in their school.

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- 0:43 Mrs. Fong was a member of the Council to Minority Affairs, an extension of the Sacramento School Board.
- 3:25 She laughingly describes the benefits of being a Tupperware saleswoman and attributes her outgoing personality to their sales training program.
- 7:10 On her mother's side, her great grandfather, Look Hou Dong, was a noted revolutionist who gave his life for Dr. Sun Yat Sen's cause. He also designed the Nationalist Chinese Flag.

- 10:10 Mrs. Fong had the opportunity to visit the martyr's shrine in Taipei and see a bust of her great grandfather.
- 11:16 Mrs. Fong's mother is the founder of the Sacramento branch of the Chinese Women War Service Association. She said her mother recalled knowing Dr. Sun when she was a child.
- 14:35 Mrs. Fong believes in this day and age being both Chinese and a woman is a great asset. She provides insight into how and why Chinese manage to succeed.
- 17:05 In discussing the younger generation, Mrs. Fong feels it is the parents' fault if the young forget their heritage.
- 18:20 She tells why her family no longer participate in their family association activities.
- 20:50 Born and raised in Sacramento, Mrs. Fong tells the beauty of it.